

# MCFR MONTHLY WELLNESS

NOVEMBER 2023 NEWSLETTER

November 11th is  
**Veterans Day!**  
Be sure to thank a  
Veteran for their  
service.



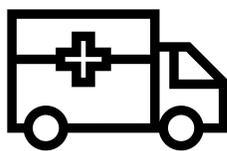
## BE A CATALYST FOR YOUR HEALTH

### Injury Prevention

This month's focus is on INJURY PREVENTION. Have you been dealing with chronic shoulder, back, hip, or knee pain due to years on the job? Watching your co-workers be taken off the floor for sprains and strains? Why not create an injury prevention program for yourself to keep injuries at bay, deal with that nagging ache or pain, and keep yourself on the job longer!

### JOINT MOBILITY FOR ANYTIME, ANYWHERE

**CLICK EACH ICON TO VIEW ITS PROGRAM**



#### SEATED MOBILITY

Mobility exercises that can be done at ECC, while seated driving to or from a call, sitting in the ER bay, or just sitting in a chair at the station.



#### PRE-SHIFT MOBILITY

Get some mobility in pre-shift or during lineup to help prepare your body for the demands of the day. Easy to do with no equipment!



#### POST-CALL MOBILITY

Body feeling like you were just beat up after a code, lift assist, or just from call volume during the day? Try out these mobility exercises to help relieve muscle tension, increase lubrication in the joints, and prepare your body for the rest of the shift.

## WHAT YOU CAN DO TODAY

### 1. Incorporate joint mobility into your daily routine.

- Check out the seated, pre-shift, and post-call mobility programs by clicking on each symbol down below. You can even use these programs at home or before you work out.
- Mobility doesn't have to take forever. Dedicate 10 minutes a day to moving your joints to help prevent injury.

### 2. Keep physically active!

- Maintaining strength and physical health will actively decrease your risk of injury. Whether you enjoy running or weightlifting, choose a physical activity you can commit to that will in-turn help to prevent injury.

### 3. Make an appointment with your Athletic Trainer, Dr. Kelsey Tanler!

- Scan the QR code below or search for Kelsey Tanler on [Quicklinks](#) for more information.
- All appointments are held in office #115 at Station 32 on MWF. You can schedule on shift or come off shift!



## MCFR HEALTH & INJURY PREVENTION

*Make an appointment by  
scanning the QR code!*

KELSEY TANLER, DAT, LAT, ATC

